

SEATED HEEL-TOE ROCKING



Proper heel-toe motion is essential for weight shifting during gait. During walking, weight transfers from the heel to the toe and then pushes off to the next foot. This heel-toe rocking exercise adds a sense of heel-toe motion to a seated foot exercise and an element of balance. Heel-Toe Rocking simply combines heel and toe raises.

Benefits »

- ⦿ Mimics heel-to-toe weight transfer common in walking gait.
- ⦿ Improves flexibility and circulation in the lower leg and ankle.
- ⦿ Facilitates coordination for gait mechanics.
- ⦿ Allows participants to experience Heel-Toe Rocking while seated.

Set It Up »

You will not need any special equipment for this exercise, unless you use the balance progression that suggests they place their feet on a balloon or balance disc. Then each participant would need a balloon or balance disc.

How to Do It »

The Start

Participants begin sitting tall, with feet flat on the floor, hip-width apart.

The Moves

Use the following cues.

- ⦿ Heels up—press the toes down and lift the heels up until the foot rests on the ball.
- ⦿ Toes up—press the heels down and lift the front of the foot up.
- ⦿ Repeat 8 to 15 times.

Take It Further »

- ⦿ Add more repetitions, up to 15.
- ⦿ Pull up hard and press down firmly so the work is more difficult.
- ⦿ Hold end positions longer.

Give It More Balance »

- Use opposing motions: Right toe up with left heel, then switch.
- Sit on the edge of the chair and work at maintaining Tall Sits during the activity.
- Place both feet on a balance disc and do Heel-Toe Rocking.
- Place both feet on a balloon. Allow the balloon to rock and roll under the feet, as legs move back and forth.

